

# RESPECT-Mil



## Maintaining Momentum

SAVANNAH, GA 14 - 16 JUNE 2010

# Maintaining Momentum

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- ★ Remembering what you learned
  - ★ Use it yourself
  - ★ Get others trained (staff and staff turn over)
- ★ Team function
  - ★ Regular meetings of your team
  - ★ Barriers & problem solving

# Maintain Momentum – New Sites

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- ★ Apply RESPECT-Mil in your own practice (as soon as you return)
- ★ Use PHQ-9 and PCL yourself
  - ★ to help when you suspect the Dx
  - ★ To monitor response of those with Rx
- ★ Consider modest screening trial with your patients
- ★ Consider trying a one week follow up call with two or three patients
- ★ Consult with Behavioral Health Champion

# Maintaining Momentum

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- ★ Keep your Command informed
- ★ Know your resources and use to the maximum capacity
- ★ Communicate proactively with your staff
- ★ Conference calls with R-MIT q 2 weeks

# Strategies for Professional Behavior Change for Improved Fidelity

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- ★ Academic detailing
- ★ Reminders
- ★ Interactive educational meetings (“Booster Sessions”)
- ★ Audit and feedback (*Quarterly “report card” coming*)
- ★ Local opinion leaders
- ★ Educational materials

# Does Fidelity to the Model Matter?

## Ten Key Features of 3CM

Baseline PHQ-9 done by practice

Suicide assessed if indicated

Patient educ materials given

Self management goals set

Treatment barriers assessed

4-wk Treatment adjustment if necessary

Adjust treatment to remission

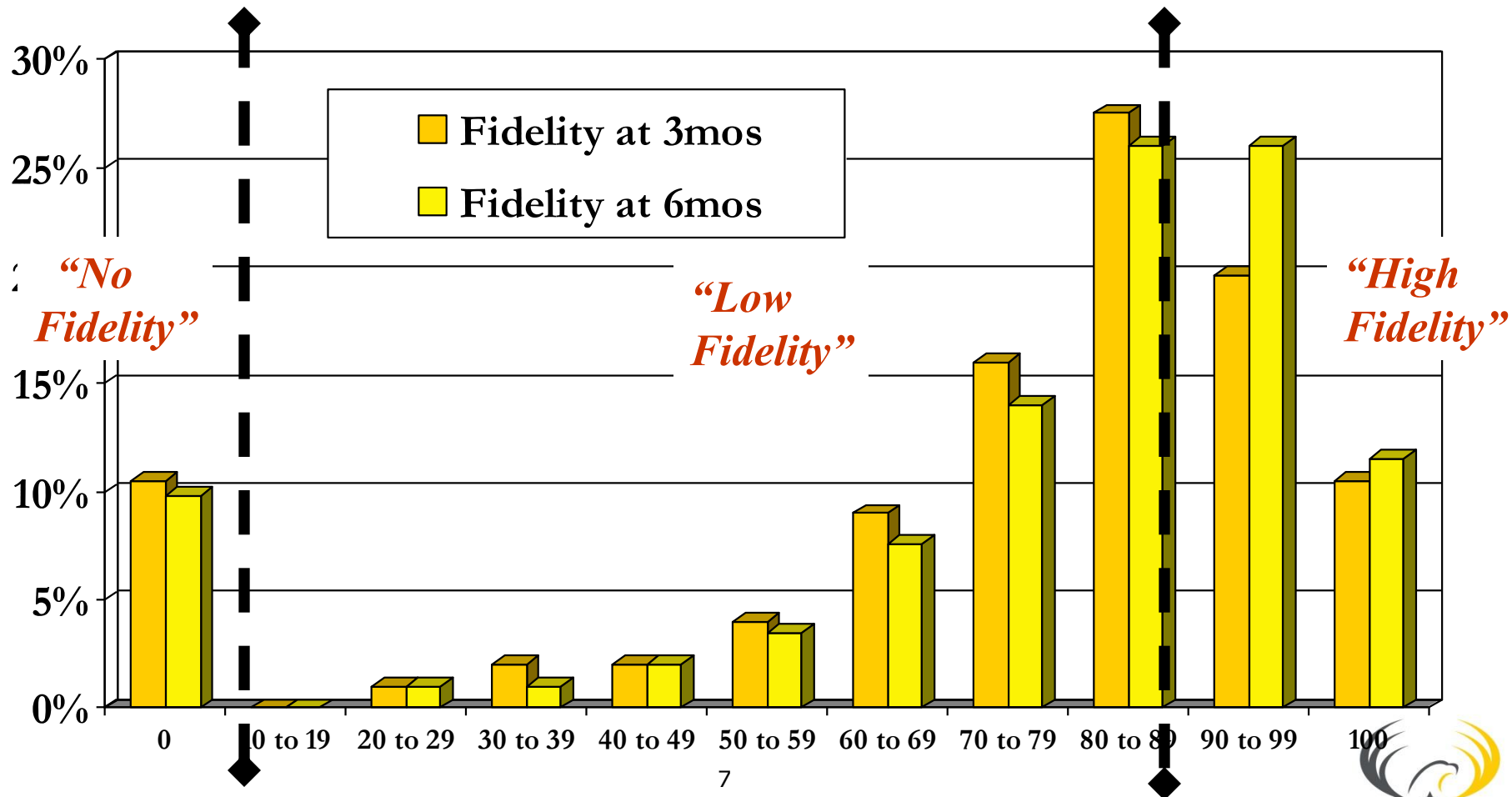
Confirm PCM f/u appt

Complete Care Facilitator call before appt

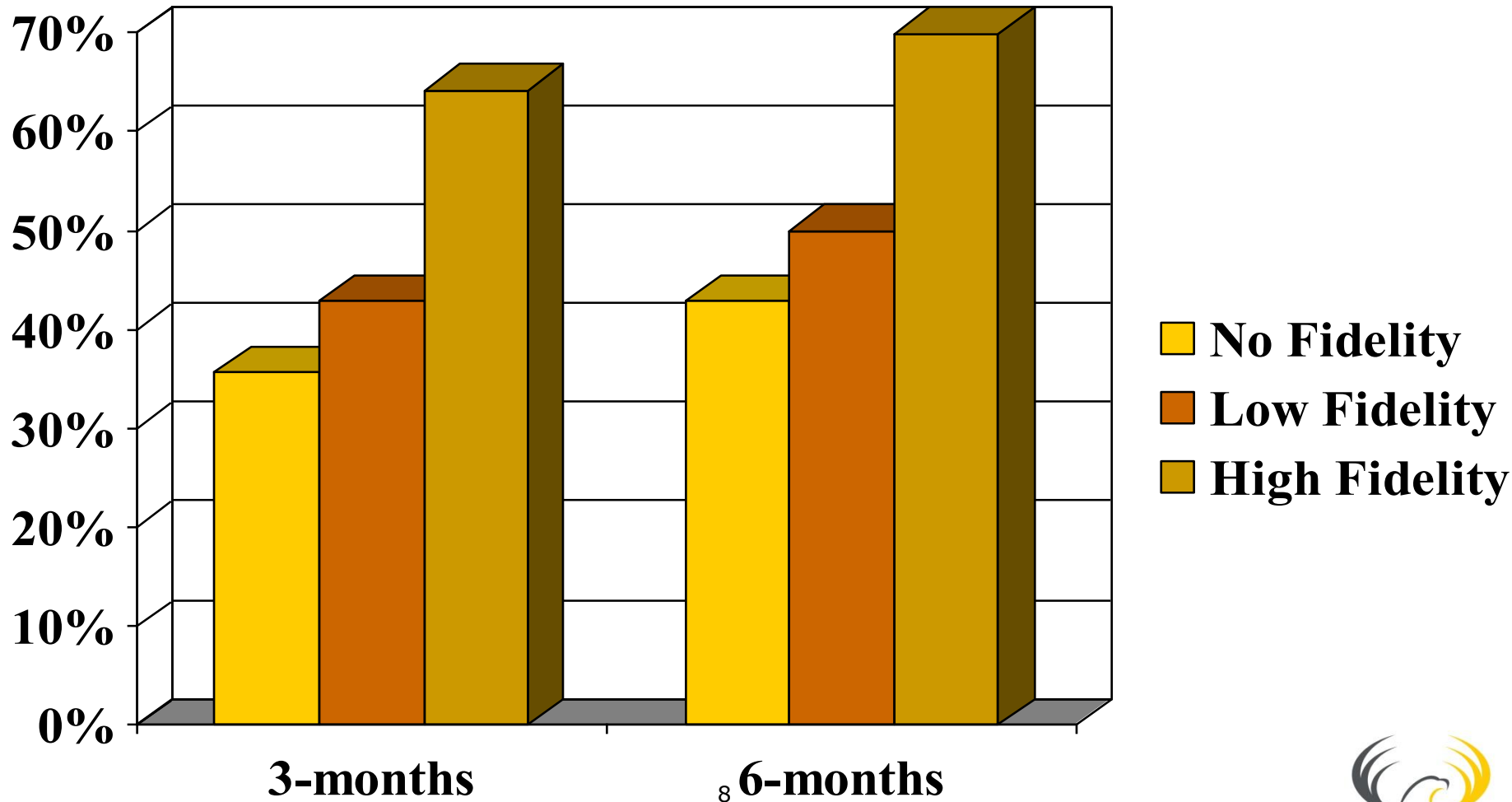
At least 1 PCM visit & 2 Care Facilitator calls



# Fidelity to 3 Component Model over Time



# Relation of Fidelity to 50% Improvement in PHQ-9





# Boosters / Reunions

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- ★ Additional knowledge imparted
- ★ Review successes and identify barriers
- ★ 45 to 60 minutes, six to twelve weeks after implementation
- ★ Information sources
  - ★ Self-report from clinician participants
  - ★ FIRST-STEPS
  - ★ Care facilitator staffing
  - ★ Common issues from other sites
- ★ Psychopharmacology cases (*Web based coming*)

# Questions & Answers

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